**Bridging the Gap**

Websites, Apps and other resources to support clients

**Groups/Activities**

1. **Recovery College Oxford & Aylesbury:**

\* Recovery College offers opportunities to learn about mental health and recovery by providing a unique curriculum designed to support people to recognise their own resourcefulness, talents and skills in order to become experts in their own self-care, make informed choices and achieve the things they want in life.

Website Bucks: <http://buckinghamshirerecoverycollege.org.uk/>

Website Oxford: <http://oxfordshirerecoverycollege.org.uk/>

1. **MIND: Buckinghamshire & Oxfordshire:**

\*Services now include: activity groups, peer support, older adults’ services, befriending, employment support, counselling, young people’s counselling and well-being and education training.

Website Bucks: https://www.bucksmind.org.uk/

Website Oxford: <https://www.oxfordshiremind.org.uk/>

1. **Lindengate:**

\*Lindengate is a Buckinghamshire-based registered charity that offers specialised gardening activities to help those with mental health needs in their continuing recovery.

Website: <http://www.lindengate.org.uk/about-lindengate.html>

1. **Simply Walks Health Walks:**

Simply Walk is part of a countywide programme of free, volunteer - led walks, which aims to help people get outdoors and be more active. We organise over 75 led walks to suit most abilities. The walks are all sociable and you don't need any special equipment to join in, just comfortable shoes.

Website: [www.buckscc.gov.uk/simplywalk](http://www.buckscc.gov.uk/simplywalk)

<https://www.walkingforhealth.org.uk/walkfinder/south-east/oxford-health-walks-0>

1. **Sport in Mind:**

Free drop in sports sessions such as Tai Chi and Tennis for mental wellbeing <https://www.sportinmind.org/buckinghamshire>

1. **Animal Antiks – The Caring Farm:**

Offer a range of therapeutic activities on their farm in North Marston. This includes weekly free Alpaca walks. A free bus is available from pick up points in Winslow, Waddesdon, Aylesbury and Milton Keynes. Please call 01296 670996 or visit the website for more information: <https://www.animalantiks.co.uk/events/>

1. **Maytree:**

\*Maytree is a registered charity helping people in suicidal crisis in a non-medical setting. They offer support for people in suicidal crisis 24 hours a day, 365 days a year.

\*They have a respite centre which offersa free 4-night/5-day stay, and the opportunity to be befriended and heard in complete confidence, without judgement and with compassion and warmth.

Tel: **020 7 263 7070 Website:** <http://maytree.org.uk/>

**Websites**

1. **SupportLine:**

\*SupportLine is particularly aimed at those who are isolated, at risk, vulnerable and victims of any form of abuse.

**Website:** <http://www.supportline.org.uk/problems/index.php> Helpline: 01708 765 200

1. **Living Life To The Full:**

\*CBT based website used by Healthy Minds Primary care service.

\*Teaches a range of life skills that are based on the tried and trusted CBT approach, to aim to improve wellbeing and resilience as you go through the journey of life.

 Website: https://llttf.com/

1. **Mood Juice:**

\*Designed to help you think about emotional problems and work towards solving them. Emotional problems are often the mind and body’s way of saying that something needs to be changed in our life.

Website: <http://www.moodjuice.scot.nhs.uk/>

1. **MIND Guide:**

\*This is a new directory of services, apps and other help available to anyone who is worried about their own mental health and well-being or that of a friend or relative.

\*It provides a database that can be easily searched and navigated so that people with a mental health problem can access the support they need.

Website: https://www.bucksmind.org.uk/buckinghamshire-mind-guide/

 <https://www.oxmindguide.org.uk/>

1. **Papyrus UK:**

\*Telephone line and website supporting suicide prevention, offers support for the person feeling suicidal, those supporting someone feeling suicidal and professionals.

Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

**App’s**

1. **DBT 112:**

\*Modules on Mindfulness, emotion regulation, relations (Goal orientation, relationship orientation, self-respect orientation), Distress tolerance, Validation (Self, other and to acquire), Diary Card.

**App can be found on Android and Apple stores**

1. **Calm Harm:**

\*Learn to surf the wave using five minute rule or fifteen minute rule with activities suggested by the app in the following sections; comfort, distract, express yourself, release, random, breathe.

**App can be found on Android and Apple stores**

1. **#StayAlive:**

\*Developed by Grassroots suicide Prevention this app is described as a ‘Pocket suicide prevention resource.

\* It has a number of resources including; Tools to stay safe, Finding help now, identifying signs of suicide if you are worried about someone, self-help ideas, breathing exercises and many others.

**App can be found on Android and Apple store**

1. **#Panic Shield:**

**\*** Panic shield can help train your minds not to be afraid of the sensations your typically associate with panic attacks, and not to fear external situations or activities that you avoid in case they trigger a panic attack. It also contains a paced breathing tool which can help you to calm down when you begin to feel particularly anxious.

**App can be found on Android and Apple stores**

1. **#Omvana:**

\*Omvana provides meditations tracks for focus, sleep, peace and more. It can be great for relaxing and practising meditation and mindfulness.

**App can be found on Android and Apple stores**

1. **#Moodfit:**

\*Moodfit is a companion to help you achieve your goals. Track your mood, to see what can cause it to lift and drop. Understand how sleep and exercise affect you and more.

**App can be found on Android and Apple stores**

1. **#Mindshift:**

\*Mindshift is designed to help you cope with anxiety. It includes strategies or making sleep count, riding out intense emotions, perfectionism, test anxiety, social anxiety, performance anxiety, worry, panic, and conflict.

**App can be found on Android and Apple stores**

1. **#Breathe2relax:**

\*Breathe2relax is a stress management tool. It provides detailed information on the effects of stress on the body, and instructions and exercises to help manage stress using diaphragmatic breathing.

**App can be found on Android and Apple stores**

1. **#Booster Buddy:**

\*Booster buddy is a virtual app with an animal friend to help manage your mental health. Each day, you check in with how you’re feeling, and then complete a number of daily ‘quests’ designed to establish and sustain positive habits.

**App can be found on Android and Apple stores**

**Telephone Help Lines**

1. **Samaritans:**

\*Offer emotional support and a listening ear 24 hours a day, 365 days a year.

Telephone Number: 01865 722 122 or 01295 270 000 or 08457 909 090

1. **Sane Charity line:**
* Emotional and specialist information for those affected by mental health problems.

Telephone number: 0300 304 7000 (16:30 – 22:30 every day of the year)

Email: info@saneline.org

1. **Oxfordshire MIND Information Line:**

\*This line can signpost you to local mental health services.

Telephone Number: 01865 247 788

1. **Papyrus Hopeline UK:**

\*Supporting those under the age of 35 thinking about suicide and those who may be worried about someone.

Telephone Number: 0800 068 41 41/0778 620 9697 (09:00am – 22:00 Monday – Friday)

1. **The Silver Line:**

\*For people over 60 years of age, free confidential helpline, working in partnership with Age UK, to offer people over 60 years of age telephone friendship.

Telephone Number: 0800 470 8090 (24 hours a day, 7 days a week)

Website: https://www.thesilverline.org.uk/

1. **Switchboard:**

\*Helpline for LGBT+ people to talk confidentially about anything that is on your mind, support people with a range of questions, whether this be for information or just to have someone to talk to.

Telephone Number: 0300 330 0630 (19:00 – 21.30 Wednesdays and Thursday’s) DURING COVID: 01273 359042

Email: chris@switchboard.lgbt

1. **MIND:**

\*Helpline provides and information and signposting service on Mental health problems, where to get help near you, treatment options, advocacy services.

Telephone Number: 0300 123 3393 (09:00am – 18:00 Monday – Friday)

Text: #86463 (09:00am – 18:00 Monday – Friday)

1. **CALM:**

\*Campaign Against Living Miserably Helpline and website. Helpline for people who are down, have hit a wall for any reason, who need to talk or find out information and support.

Telephone Number: 0800 58 58 58 (17:00 – 00:00 every day)

Website: <https://www.thecalmzone.net/help/get-help/>

1. **Safe Haven:**

Face to face and telephone support. Bucks Safe Haven offers a safe and supportive environment, for anyone living in Buckinghamshire ages 18 years or over as an alternative to A&E, for people experiencing mental health crisis.

We help you to understand where to go for help in the local community, but most importantly to feel safer and create safety plans if you are struggling to keep yourself safe due to thoughts of self-harm or of ending your life.

The service offers face-face groups with the option of a 1-1 discussion with a trained crisis support worker. We are also offering 30-minute telephone or video support calls for people who cannot access the service face-to-face.

Telephone Number: High Wycombe 01494 218098 (18:00 – 00:00 7 nights a week)

Aylesbury 01296 453017 (18:00 – 00:00 Sunday, Monday, Tuesday and Wednesday)

Website: [Buckinghamshire Mind - Safe Haven (bucksmind.org.uk)](https://www.bucksmind.org.uk/services/safe-haven/)

1. **Domestic Abuse Helplines and Websites:**

Kaleidoscopic <https://www.kaleidoscopic.uk/>

Reducing the Risk <https://reducingtherisk.org.uk/>

Aylesbury Women’s Aid [www.aylesburywomensaid.org.uk](http://www.aylesburywomensaid.org.uk)

Phone: 01296 436827 / 01296 437777

Wycombe Women’s Aid [www.wycombewomensaid.org.uk](http://www.wycombewomensaid.org.uk)

Helpline: 01494 461367

National LGBT and Domestic Abuse Line 0800 999 5428

National Domestic Abuse Line (Open 24/7) 0808 200 0247

**For Men:**

Men’s Advice Line - [Domestic Abuse Helpline for Men | Men's Advice Line UK (mensadviceline.org.uk)](https://mensadviceline.org.uk/) 0808 801 0327

Mankind - Website: [www.mankind.org.uk](https://www.mankind.org.uk/) Phone: 01823 334244